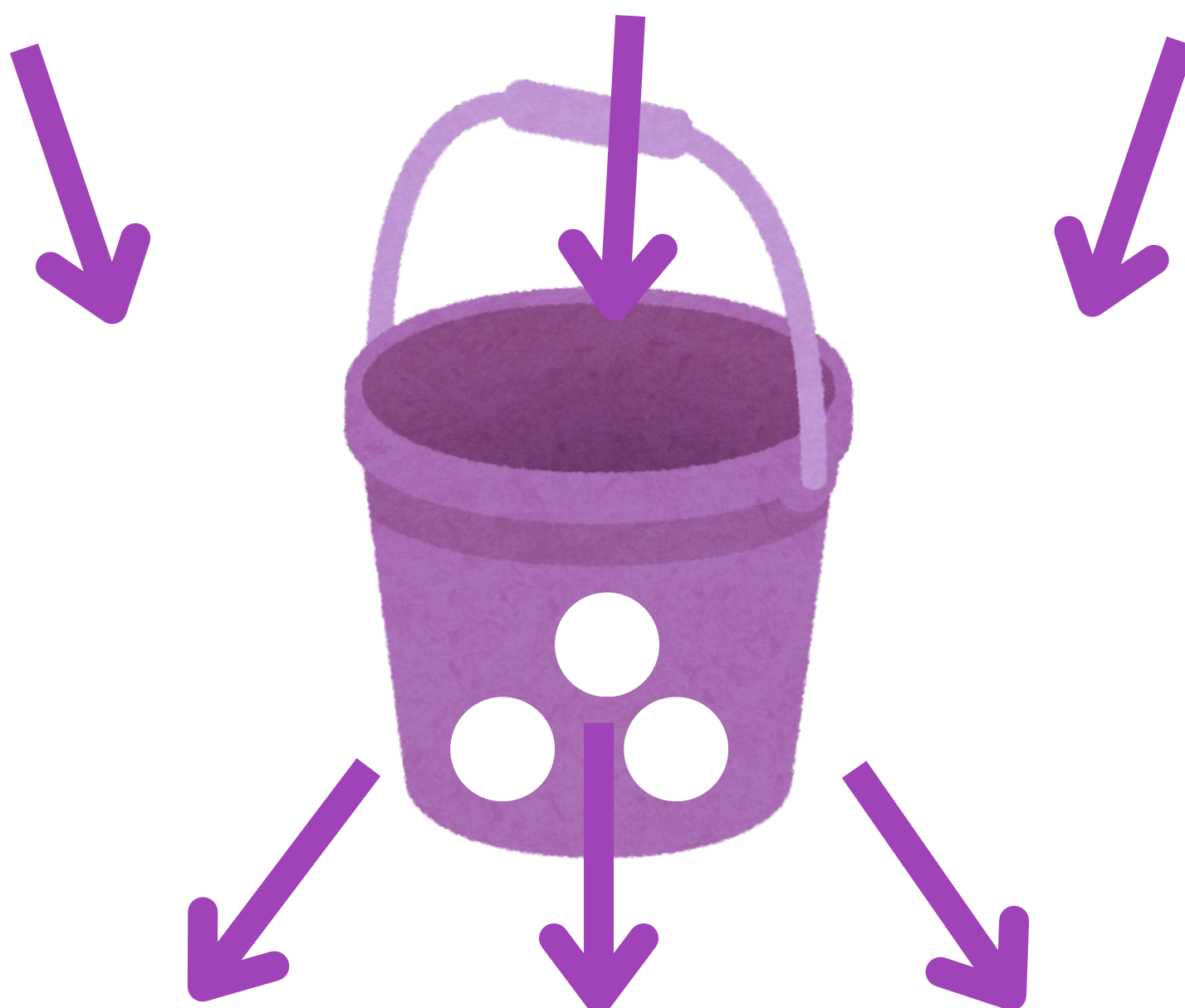


Stress Bucket Exercise



Daily/Weekly Stressors



Positive Coping Strategies